



# 筋膜放鬆寶 使用說明書

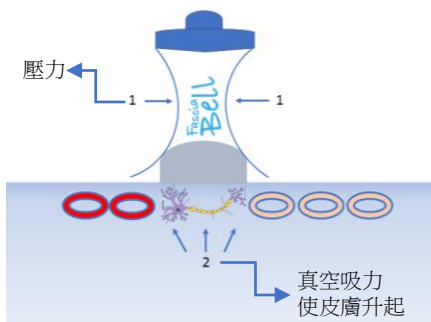
## Fascia Bell Manual





# 筋膜放鬆寶使用說明書

筋膜放鬆寶是一個「自」療工具，結合了拔罐技術、推拿手法、物理治療、筋膜放鬆法及運動療法，並透過真空原理，增加肌肉和筋膜的血液循環，達致舒緩痛症之效果



特質	Petite	Classic	Max
吸力:	較細	適中	最大
適用於:	面部或肌肉較為細小的部位，如：手腕、頸側、面部。	適用於面積較大的部位，如：肩頸、背部、手臂、腿部等部位。	

## FDA認證

- 被世界衛生組織認定為最高食品安全標準
- 食品級別矽膠，可使用酒精消毒，不易被油破壞，不會釋放毒素，對人體無害
- 可耐攝氏200度高溫

## 清潔方法

- 可使用消毒濕紙巾、酒精或一般家用清潔劑配合清水清潔
- 不建議長時間浸泡在清潔劑或使用腐蝕性清潔劑



示範短片:



研發單位:



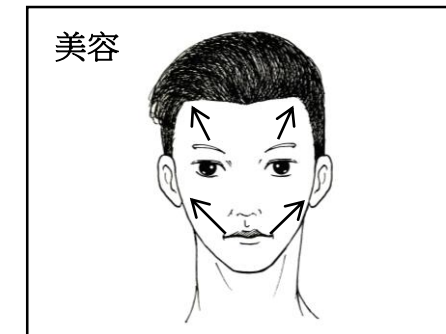
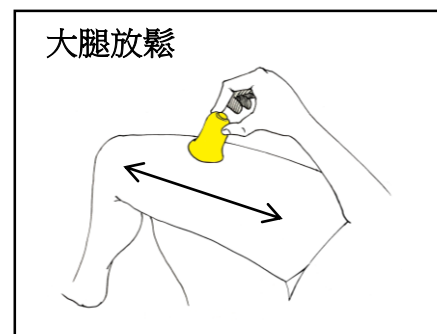
研究夥伴:



## 安全及注意事項

如有以下情況，不建議使用此產品:

- 皮膚上有表面傷口、皮膚病或皮膚過敏
- 急性痛症或發炎
- 近期發生的骨折
- 出血傾向的疾病
- 靜脈曲張



## 免責聲明

(i) 基於個人身體狀況不同，如有任何不清楚，應諮詢醫護專業人士意見。建議方案僅供參考，閣下須自行承擔風險。如感不適，應馬上停止，並尋找醫護專業人士 (ii) 使用時，應檢查產品是否完整，避免損傷 (iii) 使用後，如出現紅斑（起痧），應避免吹風受寒。約2小時後才可沐浴，避免冷水澡或游泳等刺激皮膚等活動 (iv) 使用後，若皮膚敏感出現水泡，需保持冷靜，用酒精消毒並蓋上紗布，盡快通知專業人士作處理



# Fascia Bell Manual

Fascia Bell is a tool of Self-therapy which integrates cupping, TuiNa, Physiotherapy, fascial release and sports therapy skills, enhancing blood circulation of muscle and fascia to relieve pain.

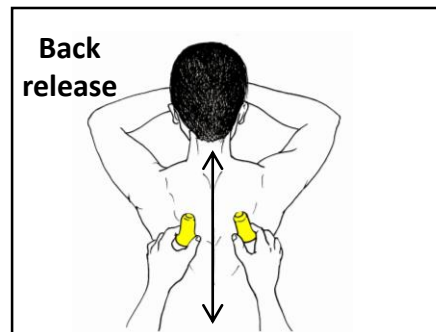
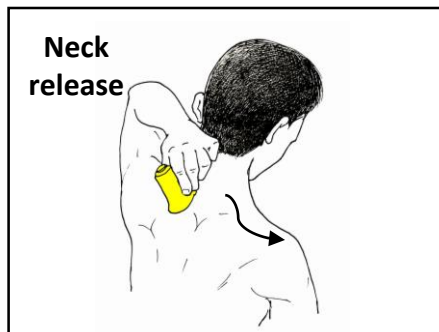
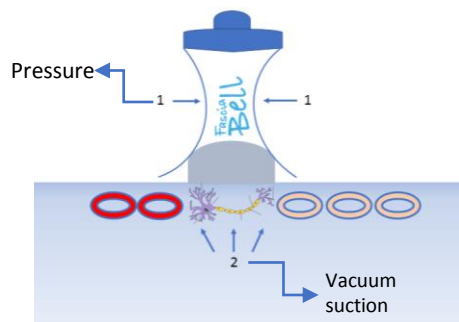
Category	Petite	Classic	Max
<b>Suction:</b>	Small	Moderate	Max
<b>Application:</b>	Smaller areas: wrist, sides of neck and face	Larger areas: neck, shoulder, back, arms, legs...etc.	

## FDA Approved

- Recognized as the highest food safety standard by the World Health Organization
- Made by Food-contact silicone, which is harmless, massage oil friendly and can be disinfected with alcohol.
- Withstand temperatures up to 200°C

## Maintenance

- Clean with a wet wipe, alcohol or diluted household cleaning agent
- Prolonged soaking in detergent or using corrosive detergent is not recommended



Demonstration video:



Developed by:

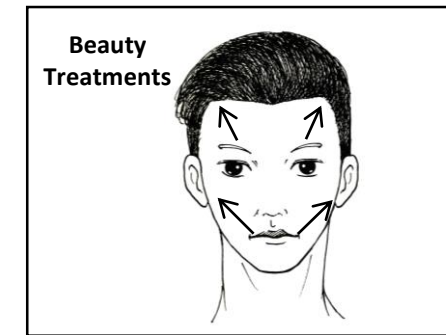
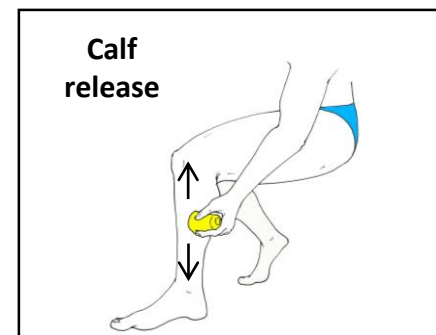
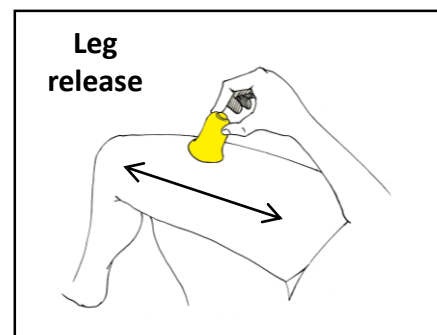


Research Partner:



## Contraindication of using fascia bells

- Open wound, skin disease or allergy
- Acute pain or conditions of inflammation
- Recent fracture
- Illness with bleeding tendency
- Varicose veins



## Disclaimer

(i) Depend on individual condition, it is recommended to consult a health care professional when using this product. (ii) Ensure the Fascia Bell is intact before use. (iii) Keep yourself warm and avoid shower within 1-2 hours after using the Fascia Bell. (iv) In case of having blisters after using the Fascia Bell. Stay calm, disinfect the wound with alcohol and cover with gauze and immediately inform the professional for further treatment.